Rene Gray MSc MCSP

Rene Gray is the Professional Lead for Physiotherapy at the James Paget Hospital and an honorary fellow at the University of East Anglia. He is one of two embedded researchers at the JPUH as part of a national pilot to embed research within the clinical environment. Rene’s clinical interest is in orthopaedics, and hip fracture in particular. Rene is completing a MSc in Clinical Research and he is currently the Principle Investigator for two studies at the JPUH – FAME and RACER-2. Rene has presented his work at several conferences including the Chartered Society of Physiotherapy UK conference, British Orthopaedic Association Annual Conference and the Physiotherapy Research Society Conference.

Rene will be presenting two separate but connected QI projects: the JPUH 7-Day decision point and integrated therapy model, the orthopaedic Out of Bed Project. The connection between the two projects is the 2017 HipSprint audit that highlighted specific metrics that required improvement and which led to these service development projects.

The 7-day decision point model sought to improve our acute length of stay and increase the amount of rehabilitation provided in the first week after hip fracture surgery. This was achieved by earlier occupational therapy assessment, greater integration of the physiotherapists, occupational therapists and therapy assistant practitioners to provide joint assessment and treatment sessions. This increased rehabilitation capacity and ensured patient, family and the wider MDT were engaged in early discharge planning.

The out of bed project was developed to address our lower than national average metric for mobilisation by the day after surgery. The aim was to improve this measure to achieve the national average locally. An education programme was delivered to the ward healthcare assistants to improve their confidence, competence and ability to mobilise prior to physiotherapy assessment and highlight barriers to early mobilisation to aid the physiotherapy assessment.

**The 7-Day decision point & integrated therapy approach**

<https://www.physiotherapyjournal.com/article/S0031-9406(21)00113-9/fulltext>

**The Out of Bed project**

<https://www.physiotherapyjournal.com/article/S0031-9406(21)00545-9/fulltext>

<https://www.physiotherapyjournal.com/article/S0031-9406(21)00555-1/pdf#relatedArticles>

<https://www.jpaget.nhs.uk/news-media/news-events/2020-news/september-2020-news/out-of-bed-project-success/>

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